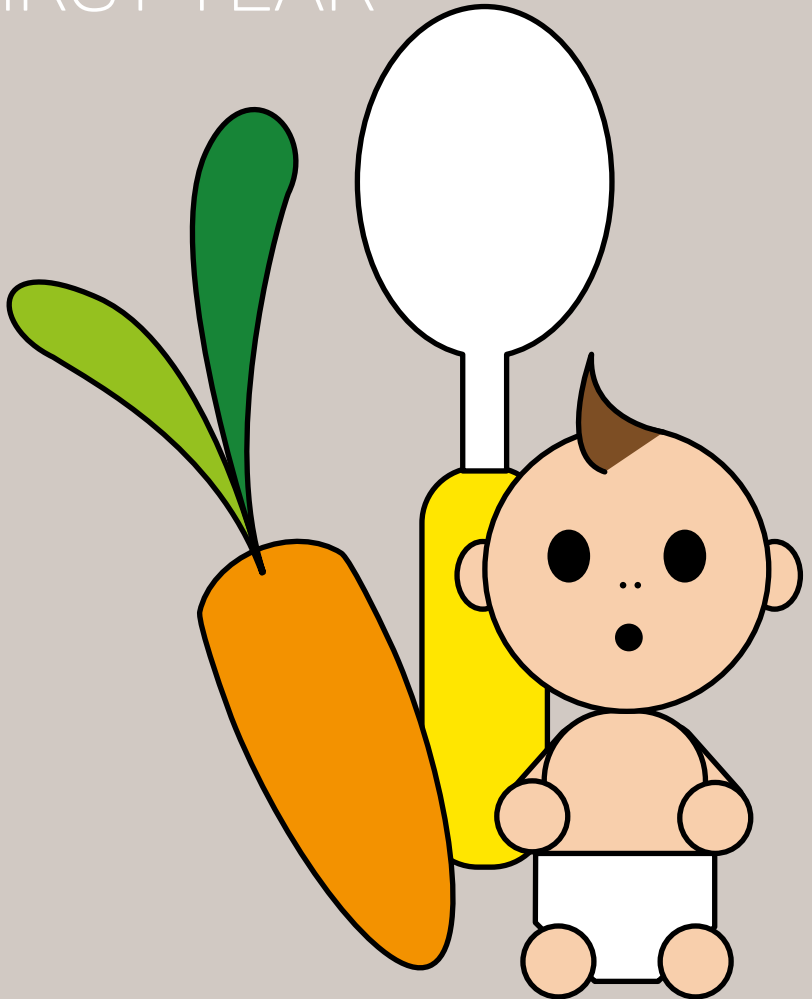


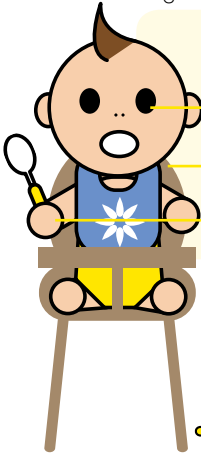
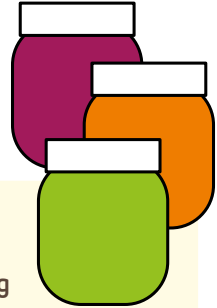


NUTRITION PLAN FOR BABY'S FIRST YEAR



READINESS FOR PROCESSED BABY FOODS?

Mashed and puréed foods can start to be introduced between the start of the 5th month and the end of the 6th month. The following behaviours will tell you if your baby is ready to start eating such foods.



BABY

- will be curious as to what you are eating
- can sit upright
- can grasp an object and lead it to its mouth

TIPS FOR INTRODUCING MASHED AND PURÉED FOODS

- Use a **small spoon** and start with small portions. The first attempts at eating these foods will serve primarily to familiarise baby with solid foods.
- To start with**, offer **breast or bottle**, later on water or tea, after mashed food.
- Introduce new foods** at intervals of **3-4 days**, preferably during the day.
- Patience**: baby needs to become accustomed to and practice eating with a spoon.
- Appetites** will **vary** from child to child and from mealtime to mealtime.
- Be able to** read the **fullness signals** of your child and **do not force the child** to eat.
- The **child will need time** to get used to new foods.
- Do not place the child's **spoon** in your **own mouth**.

AVOID THE FOLLOWING IN THE FIRST YEAR



Sugar, salt, honey and whole nuts

1ST

MONTH

2ND

MONTH

3RD

MONTH

4TH

MONTH

5TH

MONTH

6TH

MONTH

7TH

MONTH

8TH

MONTH

9TH

MONTH

10TH

MONTH

11TH

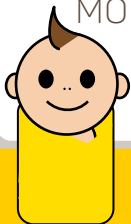
MONTH

12TH

MONTH

13TH

MONTH



BREAST OR BOTTLE-FEEDING PERIOD

Breast/bottle feeding only is recommended for 4-6 months



MASHED OR PURÉED FOODS

Introduced between the start of the 5th and the end of the 6th month



Transition to TABLE FOODS

BREAST MILK

INFANT MILK



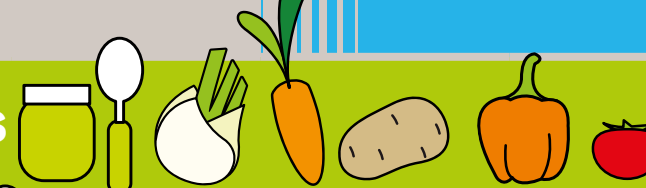
WHOLE MILK



Diluted 2/3 whole milk + 1/3 water + added cereals

Undiluted

VEGETABLES



Fennel, carrot, potato, pumpkin, zucchini, parsnips, broccoli & cauliflower florets, peppers, tomato, kohlrabi, spinach etc. (with added rapeseed oil, olive oil)

FRUITS



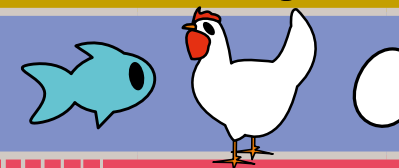
Apple, pear, banana (ripe), strawberry, plum, cherry, melon, berries, kiwi fruit, peach, grapes, etc. (when in season)

CEREALS/LEGUMES



Millet, rice, maize, spelt, oats, rye, barley, wheat, peas, pasta, rice, corn, rice cake, biscuit, bread etc.

FISH/MEAT/EGG



Salmon, trout, beef, lamb, poultry etc. 1-2 times per week
Whole egg, boiled, as an alternative to meat and fish

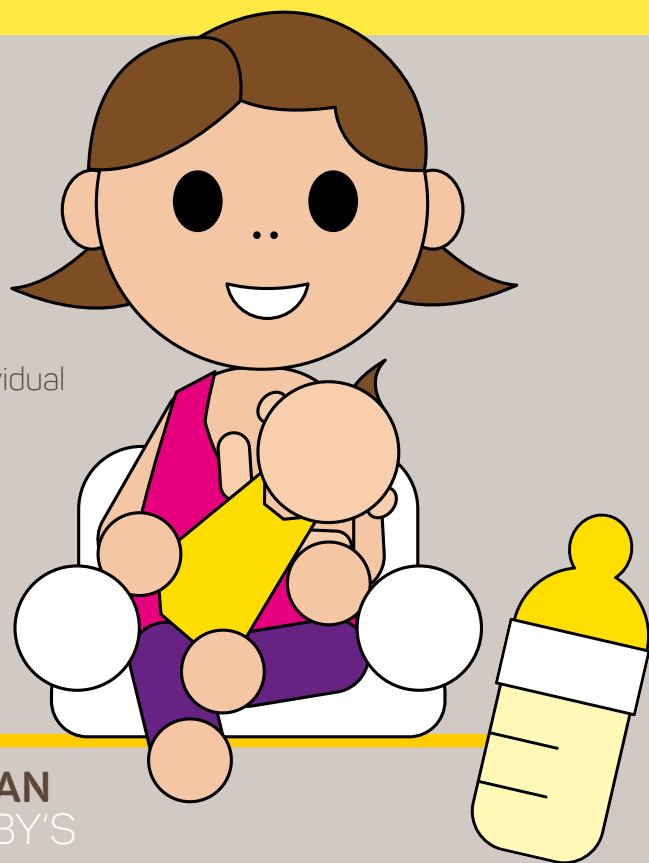
DAIRY PRODUCTS



Natural yogurt
butter (to enhance flavour)

Cheese,
cottage cheese

Feeding time is individual



NUTRITION PLAN FOR BABY'S FIRST YEAR

1ST MONTH

2ND MONTH

3RD MONTH

4TH MONTH

5TH MONTH

6TH MONTH

7TH MONTH

8TH MONTH

9TH MONTH









10TH MONTH

11TH MONTH

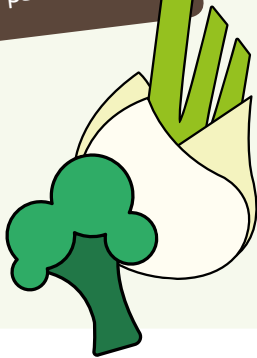
12TH MONTH

13TH MONTH






THE FOLLOWING WILL ADD TO YOUR CHILD'S ENJOYMENT OF EATING

-  **Regular mealtimes**
-  **A relaxed atmosphere**
-  **Do not use distractions** or games to coerce the child to eat beyond its point of satisfaction.
-  Allow the child to join in at **family mealtimes** (role model function).
-  Support the **independence of your child** by occasionally also allowing it to hold the spoon itself or allowing it to eat small soft pieces with its fingers.
-  Allow the **child to decide** whether and how much it eats.
-  As soon as your child is comfortable with eating mashed or puréed foods, **add new foods to its meal plan.**
-  If your child rejects a food, offer it again at a **later point in time.**

These are general recommendations. For personalised advice, please contact Elternberatung Basel-Stadt or your paediatrician.



TIPS FOR PREPARING PURÉED FOOD USING A VEGETABLE-CEREAL MASH BY WAY OF EXAMPLE

-  Select local vegetables that are in season
-  $\frac{2}{3}$ vegetables, $\frac{1}{3}$ starch (cereal or potatoes)
-  Purée the mash finely to start with; leave increasing amounts in pieces from month 8
-  The mash can be stored for up to 24 hours in the refrigerator, or by freezing it.
-  Add 1-2 teaspoons each of rapeseed or olive oil and fruit juice to the thawed and warmed portion

For personalised advice:



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